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PROFESSIONAL EXPERIENCE

ASSOCIATE PROFESSOR of Food & Nutrition

09/2011-present

SPU COMMUNITY KITCHEN DIRECTOR

04/2011-present

ASSISTANT PROFESSOR of Food & Nutrition

09/2005-06/2011

Seattle Pacific University, Seattle, WA

Department of Family & Consumer Sciences, College of Arts & Sciences

- Teach courses in Human Nutrition, Advanced Nutrition & Metabolism, Medical Nutrition Therapy, Nutrition for Sports & Exercise, Food & the Consumer, Nutrition Research, General Biology, and Food Science laboratory. Direct and teach courses in a month-long Study Abroad program based in Florence, Italy focused on sustainable food production and the Mediterranean Diet & Lifestyle.
- Serve as an academic advisor for about 35 students majoring or minoring in Nutrition.
- Collaborate on curriculum development for the Food & Nutrition program.
- Supervise and mentor 3 to 5 student Teaching Assistants per year.
- Direct the Community Kitchen program at SPU by guiding a team of 13-15 students

NUTRITION SCIENTIST, SENIOR NUTRITION SCIENTIST

12/2001-08/2005

General Mills, Bell Institute of Health and Nutrition, Golden Valley, MN

- Guided and supported the development and implementation of brand health strategies and initiatives and advised cross-functional brand teams (marketing, R&D, etc.) on decisions regarding nutrition science, product formulae, nutrition claims and positioning
 - Served as a representative on brand teams for health and nutrition related projects; guided and tracked activities around corporate health efforts
 - Explored the health benefits of existing products; provided ideas and scientific recommendations during concept testing/design of new health products/initiatives
 - Provided expertise on nutrition claims in the process of developing, documenting and approving nutrition/health claims to ensure compliance with government nutrition guidelines and regulations, working closely with legal and analytical departments
 - Reviewed, coordinated and approved brand communications for packaging, sales materials and advertising as well as non-package communications
 - Performed competitive surveillance on new products
- Designed, implemented, and coordinated clinical trials evaluating the health benefits of existing or future products and ingredients
- Tracked scientific research in the areas of weight management, food intake regulation and satiety, diabetes and dietary fiber; performed technology assessments for novel ingredients

TEACHING COORDINATOR, Principles of Nutrition

09/2000-05/2001

University of Minnesota Department of Food Science and Nutrition, St. Paul, MN

Supervisors: M.S. Kurzer, Ph.D., M. Hanson, M.S., R.D.

- Supervised and directed six teaching assistants for the 14th largest class at the University; duties included class management, student assistance, scheduling, textbook/software orders, assignment revisions and grading, exam administration and scoring.

RESEARCH ASSISTANT

08/1998-09/2000

Hypertension & Cholesterol Research Clinic, University of Minnesota Medical School, Department of Family Practice and Community Health, Minneapolis, MN

Supervisor: J.M. Keenan, M.D.

- Coordinated clinical studies in hypercholesterolemic and/or hypertensive individuals
- Assisted with research study design, participant recruitment and follow-up, data collection, data management and analysis
- Designed and taught nutrition classes and provided nutrition counseling to study participants
- Wrote several grant proposals and research manuscripts
- Performed biochemical laboratory analyses of human biological samples

- TEACHING ASSISTANT**, *Experimental Nutrition* **03-06/1999**
University of Minnesota Department of Food Science and Nutrition, St. Paul, MN
 Supervisor: D.D. Gallaher, Ph.D.
- Prepared supplies and equipment for lab and assisted students with experiments during lab
 - Led homework help sessions and graded assignments
- RESEARCH ASSISTANT** **06-08/1998**
University of Minnesota Department of Food Science and Nutrition, St. Paul, MN
 Supervisor: M.S. Kurzer, Ph.D.
- Assisted with biochemical laboratory analyses of biological samples from a human feeding study of the effects of soy isoflavones on hormones, lipids and markers of bone turnover
- TEACHING ASSISTANT**, *Principles of Nutrition* **09/1997-06/1998**
University of Minnesota Department of Food Science and Nutrition, St. Paul, MN
 Supervisor: B.D. Brown, Ph.D., R.D.
- Led two recitation sessions per quarter for three quarters: lectured, planned and facilitated group discussions and activities, graded weekly assignments, wrote exam questions
 - Graded student diet analysis term projects
 - Proctored exams, held office hours, staffed computer help sessions
- CONSULTANT** **09/1998-07/1999**
General Mills, Inc., Golden Valley, MN
- Performed literature reviews on topics relevant to new food product development
 - Reviewed and summarized in paper-format current research findings about the relationships between micro or macronutrients and chronic disease risk and prevention, focusing on the implications for the food industry
- CONSULTING ASSISTANT EDITOR** **07/1998**
WCB/McGraw-Hill
- Assisted with compilation, editing and word-processing of Instructor's Manual and Test Bank to accompany the 4th edition of 'Perspectives in Nutrition' textbook, one of the most widely used teaching aids in beginning nutrition classes at colleges and universities across the US
- INTERVIEWER** **06-08/1998**
Minnesota Center for Survey Research, Minneapolis, MN
- Conducted telephone surveys for social sciences university researchers & state organizations
 - Performed computerized data entry and tracking
- CONSULTING NUTRITIONIST** **05-08/1997**
Diabetes Research Center, Anaheim, CA
 Supervisor: A. Charles, M.D., Ph.D., Director and University of California, Irvine Medical school professor
- Performed nutrition assessment, counseling, education and diet plan development for patients with diabetes; created patient education materials
- DIETETIC ASSISTANT** **06-08/1997**
Anaheim Memorial Hospital/Marriott Support Services, Anaheim, CA
- Reviewed, corrected and designed daily menus for patients in all hospital wards
 - Inspected and verified accuracy of food items on patient trays during tray line operation
 - Provided staff support for dietitians and assisted in administrative tasks
- NUTRITION RESEARCH INTERN** **01-05/1997**
TCNC Dialysis Center/John Peter Smith Community Hospital, Ft. Worth, TX
- Performed data collection, organization and entry, literature search and review, computerized statistical analysis and data presentation

RESIDENT ASSISTANT, HEAD RESIDENT ASSISTANT

01/1995-05/1997

Residential Services, Texas Christian University, Ft. Worth, TX

- Participated in residence hall programming, advertising, administrative assistance, conflict management and counseling, staff development and training, programming evaluation

EDUCATION

UNIVERSITY OF MINNESOTA TWIN CITIES, St. Paul, MN

Ph.D. Human Nutrition, October 2001.

Thesis title: *"Effects of solubilized cellulose (a viscous dietary fiber) on serum lipids, blood pressure, insulin, glucose and cholecystokinin metabolism in hypercholesterolemic humans"*

Advisors: Joseph M. Keenan, M.D. and Mary C. Gannon, Ph.D.

Registered Dietitian Nutritionist, Commission on Dietetic Registration, October 1997.

TEXAS CHRISTIAN UNIVERSITY Fort Worth, TX

B.S. Nutrition and Dietetics, *Summa Cum Laude*. May 1997.

PROFESSIONAL DEVELOPMENT

"Selecting Instruments for Diet and Physical Activity Assessment" - Webinar by S. Krebs-Smith & J. Reedy – December 9, 2015

The 2015 Summer Sustainability Institute (SSI) entitled "Supporting Sustainability, High Density and Livable Design," at Portland Community College (by application only) – June 18-19, 2015.

Washington State Dietetic Association Annual Meeting, Lynwood, WA – April 20-21, 2015.

"Pathways to Positive Outcomes" Pre-conference Diabetes Workshop – American Association for Diabetes Educators – Redmond, WA -- March 19, 2015.

Food Studies Conference, Austin, TX – October 15-16, 2013.

Washington State Food & Nutrition Council Conference, Seattle, WA – September 9, 2011.

Greater Seattle Dietetic Association Spring Conference, Bellevue, WA – April 16, 2011.

Washington State Dietetic Association Annual Meeting, Yakima, WA – April 10-12, 2011.

Advances & Controversies in Clinical Nutrition (ASN conference), San Francisco, CA – February 25-27, 2011.

Attended lectures presented as part of a second-year medical school course HuBio 556 Endocrinology & Nutrition, University of Washington Medical School, Seattle, WA – January - March, 2010.

Washington State Food & Nutrition Council Conference, Auburn, WA – September 10, 2010.

"Energy Balance, Cancer Prognosis, and Survivorship" conference at the Fred Hutchinson Cancer Research Center (National Cancer Institute event), Seattle, WA - October 6-8, 2009.

Nutrition and Cancer Prevention Research Practicum sponsored by the Nutritional Science Research Group, National Cancer Institute at the NIH, Washington, DC – March 16-20, 2009.

Completed Commission on Dietetic Registration Certificate of Training in Adult Weight Management from the American Dietetic Association - June 2008.

Annual Meeting of Dietetic Educators of Practitioners (DEP) American Dietetic Association Practice Group, Area One, Pacific Grove, CA - March 18-20, 2007.

Volunteer intern at the Mediterranean Diet Foundation, Barcelona, Spain – June-July, 2006.

"Your Brain on Food: Food Reward and Obesity", workshop from the University of Washington Exploratory Center for Obesity Research, Seattle, WA -- February 23, 2006.

The First International Whole Grains Health Conference, Minneapolis, MN -- May 18-20, 2005.

Natural Products Expo West, Anaheim, CA – March 17-20, 2005.

American Dietetic Association Annual Meeting & Exhibition, Anaheim, CA – October 2004.

Food Labeling workshop presented by Regina Hildwine, Senior Director, Food Labeling and Standards, National Food Processors Association, General Mills, Inc., Golden Valley, MN -- September 2004.

Natural Products Expo West, Anaheim, CA – March 4-7, 2004

“How to Use Positive Communication to Build Personal Credibility”, The Management Center, University of St. Thomas, Minneapolis, MN -- December 8, 2003.

North American Association for the Study of Obesity, Ft. Lauderdale, FL -- October 11-15, 2003.

“Core Business Essentials”, a three-day workshop, General Mills, Inc., Golden Valley, MN -- September 24-26, 2003.

Society for the Study of Ingestive Behavior conference and pre-conference workshop, Maastricht and Groningen, Netherlands – July 12-19, 2003.

"Practical Food Law: Labeling, Advertising, and Promotion", presented by Keller & Heckman LLP, New Orleans, LA, February 12-13, 2003.

American Dietetic Association Annual Meeting & Exhibit, Philadelphia, PA – October 19-22, 2002.

“Project Discovery”, a two-day enrichment workshop on product development and innovation, General Mills, Inc., Golden Valley -- September 17-18, 2002.

American Diabetes Association Annual Meeting, San Francisco, CA - June 14-16, 2002.

Experimental Biology, New Orleans, LA -- April 20-24, 2002.

First Annual Nutrition Week, San Diego, CA -- February 23-27, 2002.

"Marketing 101", a half-day workshop organized, General Mills, Inc., Golden Valley, MN -- January 31, 2002.

"Food and the Soul: Relationship and Renewal", a day conference organized by the Wisdom Ways Resource Center for Spirituality at the College of St. Catherine, St. Paul, MN -- December 1, 2000.

"Getting Started as a Successful Grant Writer and Academician", workshop presented by S.W. Russell, D.V.M., Ph.D., University of Minnesota, Minneapolis, MN -- October 28-29, 2000.

American College of Nutrition 41st Annual Meeting, Las Vegas, NV -- October 12-15, 2000.

Experimental Biology, San Diego, CA -- April 15-19, 2000.

First International Conference on Diabetes & CVD, Winnipeg, Canada -- June 3-6, 1999.

"A Short Course on Responsible and Successful Conduct of Research", presented by the University of Minnesota Office of the Vice President for Research, Dean of the Graduate School & Center for Bioethics, May 24, 1999.

Experimental Biology, Washington, D.C. -- April 17-21, 1999.

"Survival Skills for a Successful Scientific Career", conference sponsored by the Women in Science & Engineering Student Group at the University of Minnesota Twin Cities, Minneapolis, MN -- November 14, 1998.

American Dietetic Association Annual Meeting & Exhibition, San Antonio, TX -- October 21-24, 1996.

Second International Conference on Fats and Oil Consumption in Health and Disease, University of Texas Southwestern Medical Center, Dallas, TX -- April 22-23, 1996.

TEACHING DEVELOPMENT

“Writing Assignments as ‘Beautiful Problems’: Designing and Scaffolding Assignments to Promote Critical Thinking and Disciplinary Ways of Inquiry and Argument” workshop by Dr. John Bean, Seattle University – Seattle Pacific University, Seattle, WA -- March 16, 2015.

Webinar by Nutrition Educators for Health Professionals: “Practical Guidelines for Blended and Flipped Nutrition Classes” -- February 14, 2014.

Faculty mini courses on *teaching writing*: “Using metacognition skills to teach effective writing” (2015), “Commenting on Student Papers: Terms, Concepts, Strategies” (2011), “Writing for Everyone” (2010), “Evaluating Written Assignments” (2009), Seattle Pacific University, Seattle, WA -- 2007-2015.

Faculty *teaching development* mini courses: “Flipping Your Classroom”, “Dealing with Classroom Incivility”, “Teaching with the New York Times”, “Intro to Women’s Studies”, “Teaching & Researching with Multicultural Sensitivity”, “Spiritual Formation”, “The University Core” 3-course sequence, “The University Foundations 1000”, “Wesleyan Theology”, “The Book of Genesis”, “Conducting Teaching Observations”, “Teaching 101”, Seattle Pacific University, Seattle, WA -- 2005-2013.

Completion of Dutch A1+ and Dutch Low Intermediate A2+ (1.5 credits each on the European Credit Transfer System), Jules & You Language School, Maastricht, Netherlands – May – November, 2012.

Faculty *technology* mini courses at Seattle Pacific University: “Blackboard: The Grade Center”, “Blackboard 9: An

Introduction”, “Blackboard 8 Grade Center”, “Introduction to VISTA”, “Creating & Sharing a Start Page”, “Blackboard: Team Tools”, “Ten of the More Useful Features in Microsoft PowerPoint 2007”, Seattle Pacific University, Seattle, WA -- 2006-2013.

New Faculty Seminar, Seattle Pacific University, Seattle, WA – January - March, 2006.

“Effective Grading” workshop, presented by Dr. Barbara Walvoord, Notre Dame University -- Seattle Pacific University, Seattle, WA -- November 14, 2005.

Workshops from the Teaching Enrichment Series at the University of Minnesota: "Basic Presentation Skills", "Designing an Effective Class Session", "Being Successful on the First Class Day and On", "Grading Writing Assignments", "Conducting Effective Office Hours", Center for Teaching and Learning Services, University of Minnesota, Minneapolis, MN -- August 1997.

RESEARCH INTERESTS

- Effects of different sources of carbohydrates, whole grains, dietary fibers, and lipids on the risk of chronic diseases such as heart disease, diabetes, and obesity
- Nutrition education and empowerment through community cooking programs
- The interrelationships among traditional foods and meal patterns, food culture, and health
- The impact of different pedagogical approaches on student learning and faculty satisfaction
- Environmental and psychosocial factors that influence food intake, food choices, and adherence to nutrition recommendations

PUBLICATIONS

Published peer-reviewed papers:

Bach-Faig A, Fuentes-Bol C, Ramos D, Carrasco JL, Roman B, Bertomeu IF, Cristia E, **Geleva D**, Serra-Majem L. The Mediterranean diet in Spain: adherence trends during the past two decades using the Mediterranean Adequacy Index, *Pub Health Nutr* Oct 29:1-7, 2010.

Bach-Faig A, **Geleva D**, Carrasco JL, Ribas-Barba L, Serra-Majem L. Evaluating associations between Mediterranean diet adherence indexes and biomarkers of diet and disease, *Pub Health Nutr* 9(8A):1110-1117, 2007.

Wolever TMS, Campbell JE, **Geleva D**, Anderson GH. High fiber cereal reduces postprandial insulin responses in hyperinsulinemic, but not normoinsulinemic subjects, *Diabetes Care*, 27(6):1281-5, 2004.

Geleva D, Thomas W, Gannon MC, Keenan JM. A solubilized cellulose fiber decreases peak postprandial cholecystokinin concentrations after a liquid mixed meal in hypercholesterolemic men and women, *J Nutr* 133:2194-2203, 2003.

Pins JJ, **Geleva D**, Keenan JM, Frazel C, O'Connor PJ, Cherney LM. Do Whole-Grain Oat Cereals Reduce the Need for Antihypertensive Medications and Improve Blood Pressure Control? *J Fam Prac*, 353-64, April 2002.

Keenan JM, Pins JJ, **Geleva D**, Frazel C, O'Connor PJ, Cherney LM. Whole-Grain Oat Cereal Consumption Reduces Antihypertensive Medication Need: A Cost Analysis, *Prev Med in Mana Care*, 3(1): 9-17, 2002.

Peer-reviewed abstracts & posters:

Bach-Faig A, Roman B, Carrasco JL, Cristia E, Bertomeu I, **Geleva D**, Serra-Majem L. The Mediterranean diet pattern in Spain: adherence and food consumption trends during the past two decades, First Meeting of the Federation of African Nutrition Societies, Morocco, May 7-9th, 2007.

Bach-Faig A, Roman B, Cristia E, Bertomeu I, Carrasco JL, **Geleva D**, Serra-Majem L. The Mediterranean diet in Spain: adherence trends during the past two decades, MEDIET: Third International Conference on the Traditional Mediterranean Diet, Athens, Greece, April 25-26, 2007.

Bach-Faig A, Roman B, Carrasco JL, Cristia E, Bertomeu I, **Geleva D**, Serra-Majem L. El consumo de fruta y verdura en el contexto de la dieta mediterránea: tendencias de las últimas dos décadas, Congreso de La Sociedad Española de Nutrición Básica y Aplicada (SENBA), Bilbao, Spain, April 25-27, 2007.

Bach-Faig A, Roman B, Carrasco JL, Cristià E, Bertomeu I, **Geleva D**, Serra-Majem L. Fruit and vegetable consumption in the context of the Spanish Mediterranean Diet: trends during the past two decades, Fourth EGEA Conference, Brussels, Belgium, April 17-19, 2007.

Bach-Faig A, Roman B, Carrasco JL, Cristià E, Bertomeu I, **Geleva D**, Serra-Majem L. Adhesión a la dieta mediterránea en España: evolución en las dos últimas décadas, First World Congress of Public Health Nutrition, Barcelona, Spain, September 28-30, 2006.

Abou Samra R, Anderson GH, Wolever T, **Geleva D**. Daily Consumption of Cereal Fiber for One Month Improves Satiety Hormone Responses to a Glucose Load in Hyperinsulinemic Men, *FASEB J*. 19(5); A1701; A 970.2, 2005, *Experimental Biology, San Diego, USA, April 2-6, 2005*.

Abou Samra R, Smirnakis F, Wolever TMS, **Geleva D**, Woodend D, Anderson GH. Effect of Hyperinsulinemia of Food Intake and Appetite Regulatory Hormones in Men, *Program & Proceedings CFBS 2004*; A F34, Canadian Federation of Biological Sciences (CFBS) 47th Annual meeting, Vancouver, BC, Canada, June 2004.

Abou Samra R, Smirnakis F, Anderson GH, Wolever TMS, **Geleva D**, Woodend D. Hyperinsulinemia in men does not impair their caloric compensation in response to a glucose drink, *FASEB J* 18; A1109, A727.3, 2004. *Experimental Biology, Washington, DC USA, April 17-21, 2004*.

Wolever TMS, Campbell JB, Woodend DM, Pupovac J, **Geleva D**, Anderson GH. High fiber cereal reduces postprandial insulin responses in obese, hyperinsulinemic, but not in lean normo-insulinemic subjects, NAASO Annual meeting, Ft. Lauderdale, Florida, October 15-18, 2003.

Smirnakis F, Abou Samra R, Anderson GH, Wolever TMS, **Geleva D**, Woodend D. Hyperinsulinemia in men does not adversely affect caloric compensation in response to a glucose drink, *Program and Proceedings CFBS 2003*; Abs. T061. Canadian Federation of Biological Sciences (CFBS) 46th Annual meeting, Ottawa, ON, Canada, June 11-15, 2003.

Geleva D, Thomas W, Gannon MC, Keenan JM. Acute and chronic effects of a solubilized cellulose fiber on fasting and postprandial glucose and cholecystokinin concentrations in hypercholesterolemic men and women, *FASEB J* 16(4): A656, 2002.

Geleva D, Keenan JM, Pins JJ, Costa EC. The Effects of a Novel Solubilized Cellulose Supplement on Serum Cholesterol and Blood Pressure, *J Am Coll Nutr* 19(5):699, 2000.

Pins JJ, Keenan JM, **Geleva D**, Addis PB, Fulcher G. A Comparison of Barley and Wheat Products on Blood Lipids, Satiety, and Markers of Oxidation, *J Am Coll Nutr* 19 (5):686, 2000.

Pins JJ, Keenan JM, **Geleva D**, Addis PB, Fulcher G. Whole Grains, Refined Grains, or Is It Just Soluble Fibers? *FASEB J* 14(4):A408.1, 2000.

Pins JJ, **Geleva D**, Keenan JM, Cherney LM, O'Connor PJ. Antihypertensive Medication Reduction after Supplementation with Oat-based Cereals, International Conference on Diabetes & Cardiovascular Disease, Winnipeg, Canada, June 3-6, 1999.

Pins JJ, **Geleva D**, Keenan JM, O'Connor PJ, Cherney LM. Waist-to-Hip Ratio as a Predictor of Antihypertensive Medication Reduction in an Oat Cereal Supplement Trial, *FASEB J*, 13(4):LBI 5, 1999.

INVITED PRESENTATIONS

“Food as a Sacrament: Envisioning a More Just Food System” in collaboration with Michael Schut, Day of Common Learning, Seattle Pacific University, Seattle, WA – October 21, 2015.

“Community Kitchens as Agents of Change” continuing education presentation for the North Sound Dietetic Association, Everett, WA – January 13, 2015.

“Cooking Up Community” presentation, Rotary Club, Seattle, WA – February 18, 2014.

“Kenya at the Crossroads: a new nutrition status influencer in HIV/AIDS Patients in Nairobi” presentation at the third annual Food Studies conference, Austin, TX – October 16, 2013, and for the Food & Nutrition Club at Seattle Pacific University, Seattle, WA – January 28, 2014.

“Community Kitchens: Past & Present” presentation for American Cultural Exchange (ACE) to visiting Japanese nutrition students from Tokyo Kasei University, Seattle, WA – February 28, 2012, May 1, 2013, March 5, 2014, March 10, 2015, March 8, 2016, and for the Food & Nutrition Club at Seattle Pacific University, Seattle, WA – May 3, 2011.

“Healthy Eating on a Budget” presentation with SPU students at the Wallingford Family Resource Center and Food Bank, Seattle, WA – May 16, 2011.

“Cooking Up Community” presentation, Washington State Dietetic Association Annual Meeting, Yakima, WA – April 11, 2011.

“The New U.S. Dietary Guidelines” lecture for American Cultural Exchange (ACE) to visiting Japanese nutrition students from Tokyo Kasei University, Seattle, WA – February, 2011.

Presentations for the Speakers Bureau of the Greater Seattle Dietetic Association – since 2007:

- ‘Eating Healthy on a Budget’ as part of the ‘Healthy, Wealthy and Wise: Staying Healthy and Living Well’ National Women’s Health Week event at the Jackson Federal Building, downtown Seattle – May 13, 2009.
- ‘Healthy Eating’ as part of health & wellness classes at Mercer Island High School – January 12, 2010.

“Best practices in weight management” lecture for American Cultural Exchange (ACE) to visiting Japanese nutrition students from Tokyo Kasei University, Seattle, WA – February 2008 – 2010.

“Stick-to-itiveness and Sustenance: Do the Spanish Today Follow the Mediterranean Diet of Their Ancestors?” 24th Annual European Studies Symposium, Seattle Pacific University, Seattle, WA -- February 14, 2007.

“Food Globalization: McFood in a McWorld”, in collaboration with Dr. Gaile Moe, Day of Common Learning, Seattle Pacific University, Seattle, WA -- October 18, 2006.

Thai Curry-making cooking workshop, Bethany Arts College, Seattle, WA -- March 30, 2006.

“Diabetes: From Sugar to Reality”, General Mills Safety & Wellness Conference, Golden Valley, MN -- Sept. 23, 2004.

"Beyond Hunger: Factors That Affect Food Intake", General Mills Technical Conference, Golden Valley, MN -- March 3, 2003.

"Effects of Solubilized Cellulose Fiber on Chronic Disease Risk Factors", St. Luke's-Roosevelt Hospital, New York Obesity Research Center, Columbia University, New York City, NY -- February 8, 2002.

"Metabolic Effects of Solubilized Cellulose Fiber on Fasting and Postprandial Concentrations of Glucose and Cholecystokinin", General Mills Technical Conference, Golden Valley, MN -- March 5, 2002.

AWARDS, GRANTS & HONORS

- Academic Renewal Grants (ARG) from Seattle Pacific University: summer and autumn 2016, winter 2013, summer 2011 (2), summer 2006
- U.S. Patents: # 8,969,321 B2 (Medical and Nutritional Applications of Highly Refined Cellulose) - Issued March 3, 2015; # 8,623,841 B2 (Medical and Nutritional Applications of Highly Refined Cellulose) - Issued January 7, 2014; # 8,026,226 (Use of Processed Cellulose for Medical and Nutritional Applications) – Issued September 27, 2011
- Lilly Foundation SERVE (Spiritual and Educational Resources for Vocational Exploration) grants recipient for “SPU Community Kitchen: an applied project to enhance the understanding and practice of Christian vocation in food & nutrition students” – 2010-12
- Faculty Research Grant (FRG) from Seattle Pacific University for collaboration on a National Institutes of Health research grant to investigate the effects of different carbohydrate types on cancer and inflammation biomarkers, June – August, 2008
- Finalist in the 2009 Washington Trail Association Photography Competition
- Chairman’s Eagle Award for Outstanding Performance, General Mills, Inc. – June 2005
- New Product Development Team Outstanding Contribution, Yoplait New Ventures – June 2004
- Best New Product, Big G “Back to the Future” Innovation Challenge (over 200 entries) – April 2004

- Big G Prototype Show – First Place in “Granola” category – May 2003
- Meals Division Prototype Show – First place in “Convenient Health” category – May 2002
- The Triticus Award for character, leadership and potential contribution to the field of Food Science and Nutrition – 2001
- Twin Cities Home & Community Section of the American Association of Family & Consumer Sciences Graduate Scholarship Award – 2000-01
- Minn-Dak Farmers Cooperative Nutrition Scholarship – 2000
- The Alice Biester Assistantship, Department of Food Science & Nutrition, University of Minnesota – 1997-98
- Senior Scholar for the Department of Nutrition & Dietetics, Texas Christian University – 1997
- Golden Key member
- Mortar Board member (National Honor Societies for undergraduate juniors and seniors)
- Senior Appreciation Award for Juniors – 1996
- Golden Key Junior Scholarship Recipient for Texas Christian University – 1995
- Tarrant County Medical Society Scholarship – 1995
- Texas Christian University Scholar, Dean's Scholarship Recipient, Dean's List – every semester, 1993-97
- Resident Assistant of the Month at TCU -- April '95, August '95, December '96, April '97

PROFESSIONAL MEMBERSHIPS

- American Society for Nutrition - since 1998
- Academy of Nutrition & Dietetics (formerly the American Dietetic Association) – since 2004
- Greater Seattle Dietetic Association – since 2006
- Washington State Food & Nutrition Council – since 2010

LEADERSHIP & SERVICE

At Seattle Pacific University:

- SPU Committees: Promotion review, Tenure review, Post-tenure Review, Third-year review, New Faculty Search, All-Campus Faculty Interview, and FCS Core Curriculum Subcommittee – 2007-10, 2013-16
- Faculty Development Committee, Seattle Pacific University - 2007-2012, 2010-11 Chair
- Social mentor for Seattle Pacific University Mentorship Program – 2008-09
- Faculty advisor for SPU Yogis (2014-present), SPU Women's Football Club (FC) (2009-14), SPU Invisible Children Club (2007-09)
- Thesis advisor or reader to students enrolled in the University Scholars program
- Seattle tour leader & dinner host for Lilly Fellows Conference attendees, SPU – October 2008

Outside the University:

- Master's Thesis Committee, Department of Nutrition, University of Washington, Seattle, WA – 2015-16
- Member of the Board of Directors of the Washington Sustainable Food and Farming Network/Food Action – September 2015 - present; Executive Director Search Committee Chair – November 2015 – April 2016
- Master of Ceremony, the Washington State Food & Nutrition Council Annual Conference – September 9, 2011
- Community Kitchens Northwest Steering Team volunteer – 2009-2012
- Consultant on WIC Family Community Kitchen Pilot Project – summer 2009
- Tabitha Homeless Women's Shelter, Seattle WA Nutrition and Hospitality volunteer – 2008-2011
- Fremont Abbey Art Center volunteer – since 2008
- Ad hoc Member for Advisory Committee for SUSTAIN, a non-profit organization dedicated to sharing science and technology to improve nutrition in developing countries – 2006-08
- Reviewer for the Journal of Nutrition – 2003 - 2007
- Bethany Community Church Wilderness Ministry leader, 2006-09
- Velocity Dance Theater and *On The Boards* Dance Theater, Seattle volunteer – 2005-09